

GULF DEFENDER

WING MISSION: TRAIN THE WORLD'S BEST AIR SUPERIORITY TEAM FOR THE AIR FORCE
WING VISION: TEAM TYNDALL – TAKING AMERICA'S PREMIER AIR SUPERIORITY TRAINING INTO THE 21ST CENTURY

Vol. 59, No. 40

Tyndall Air Force Base, Fla. *Gulf Defender*

Oct. 6, 2000



2nd Lt. Angela Rogers

Where's the fire?

Children from Sarah Oliver's kindergarten class at Tyndall Elementary School help hold a firehose as they learn about the duties of firemen during Fire Prevention Week. The 325th Civil Engineer Squadron fire department conducted fire-safety demonstrations with Tyndall's children throughout the week highlighting the importance of fire prevention.

CSAF addresses readiness concerns before Congress

WASHINGTON (AFPN) — Appearing before both the Senate and House Armed Services Committees recently, the Air Force chief of staff told Congress the Air Force is capable of fighting and winning today, but it needs \$20 to \$30 billion a year to solve its people, procurement, infrastructure and readiness challenges.

"Air Force readiness has not turned around," Gen. Michael Ryan said. "At best, the increased funding from the administration and Congress have leveled off the decline. Readiness remains a struggle we must win."

Current operations tempo, past underfunding of spares, aging infrastructures and aircraft and a less-experienced workforce driven by retention shortfalls were pointed out as key factors to the continued decline in readiness.

Overall readiness of our combat units is down 23 percent since 1996, Ryan said. One of the primary reasons is the average age of the aircraft fleet is 22 years now and will reach almost 30 years by 2015.

Because of funding shortfalls, the Air Force has significantly under-invested in its base operating support, real-property maintenance, family hous-

ing and military construction. The average investment has produced a 250-year replacement rate compared to an industry standard of 50 years.

"We cannot continue to mortgage this area of our force readiness without significant long-term effects," Ryan said.

Today's active-duty force is still deploying more than three times as often with a force 60 percent of its former size. Roughly 90,000 airmen are deployed or stationed overseas.

"They are working hard," Ryan said. "In return, they deserve the best equipment and training, quality medical care, adequate housing, sensible pay and reasonable retirement benefits for their service."

The general attributes much of the Air Force's ability to still prevail, despite such readiness challenges, to the service's most vital resource — its people. Retaining the force is vital, because people are the most critical component of Air Force readiness.

Ryan closed by emphasizing, "We need substantial and sustained funding to continue to provide the full-spectrum (of) aerospace power our nation expects."

Virtual MPF offers more new services

RANDOLPH AIR FORCE BASE, Texas (AFPN) — Military members planning to retire or separate can now complete their initial briefing from the comfort of their office or home computer. This enhanced service was launched by the Air Force Personnel Center this week as the second installment of the virtual Military Personnel Flight.

The system, which went online for active-duty members July 28, is a web-based service platform, allowing military members access to personnel services around the clock from anywhere they choose.

New services include:

- Continental United States Isolated Assignment Program: Allows members to volunteer for CONUS isolated assignments or request re-

assignment from a CONUS isolated location.

- Join Spouse Assignment Program: Explains program eligibility and ineligibility requirements, documentation and intent codes. It also allows military members married to military members to fill out the join spouse application.

- Permissive PCS Assignment Program: Allows members to get information and apply for the Permissive Join Spouse, Expanded Permissive and CONUS Assignment Exchange Programs.

- Sole Surviving Son or Daughter Assignment Restriction: Allows members to review eligibility, document requirements and examples and fill out the program application.

- Proof of Service: Allows a mem-

ber to print a proof of service letter, a document needed by the Department of Veterans' Affairs when members are trying to buy a home. It is also used by other various organizations.

- Initial Separation/Retirement Briefing: Allows members to complete their initial separation/retirement briefing, fill out and print all necessary memorandums and lists all documents a member needs before reporting to the MPF.

These new applications are only the basics. More than 200 personnel processes are targeted for vMPF service in the future.

"We've taken the Air Force instruction and put everything a person needs to know into this web-based service program," said Capt.

William Conley, AFPC Field Operations Branch operations officer. "Individuals no longer need to rely on the MPF technicians to explain these programs. They can get all the information off the web."

The vMPF will alleviate the need for people to spend time in line trying to pick up an application, Conley said. "Everyone now has the opportunity to complete applications at their leisure and only report to the MPF to drop them off."

"Not only is the vMPF a convenience for customers, the technology really improves customer service by streamlining the process and standardizing services," Conley said.

Another service being launched

is the personal data-surf capability. Once this feature is online, individuals will have the chance to review everything from their individual and performance report data to duty assignment and qualification data — everything they normally review on their "Personal Data" printout provided by their commander support staff or unit orderly room.

"Although all changes must be made through the MPF at this point, we are working toward programs that will allow customers to update data over the web," Conley said.

Individuals who wish to view these programs must create an account for vMPF by going to the vMPF web site at: www.afpc.randolph.af.mil/km/vMPF/vMPFHelpHome.htm.

TRICARE web site good first stop for beneficiaries

Army Staff Sgt. Kathleen Rhem
American Forces Press Service

WASHINGTON (AFPN) — TRICARE officials want people to know their internet home page, www.tricare.osd.mil, is a great first stop for beneficiaries to get information on the program.

Experts have worked hard to create a friendly, easy-to-use design, said Col. Frank Cumberland, TRICARE Management Agency director of communications and customer service. He said the site designers benchmark their work against some of industry’s best web destinations.

On the front page, the most recent articles are found about TRICARE from several different news sources on the internet. A handy A- to-Z drop-down menu at the top of the front page will take visitors to any area of the site they want without a lot of searching from link to link.

Cumberland said claims processing is the most asked about issue in TRICARE, so information about

claims is featured on the home page. By clicking on the “CLAIMS Information” button in the upper right edge of the home page, customers will find step-by-step instructions for filing a claim, downloadable forms and answers to frequently asked questions. Other links from this page take people to a list of local claims offices and information on the new debt collection assistance officer program.

The button “TRICARE Beneficiaries: Understanding Your TRICARE Benefits” on the upper left side of the home page takes web surfers to a page of links that leads to extensive information on every aspect of the program from dental benefits to the Senior Prime demonstration. This is the most clicked-on section in the 26,000 page web site.

From that page, visitors can find the toll-free number for their service region, send a change of address to the Defense Eligibility and Enrollment Reporting System, download enrollment forms and find a nearby-authorized health-

care provider, among other things.

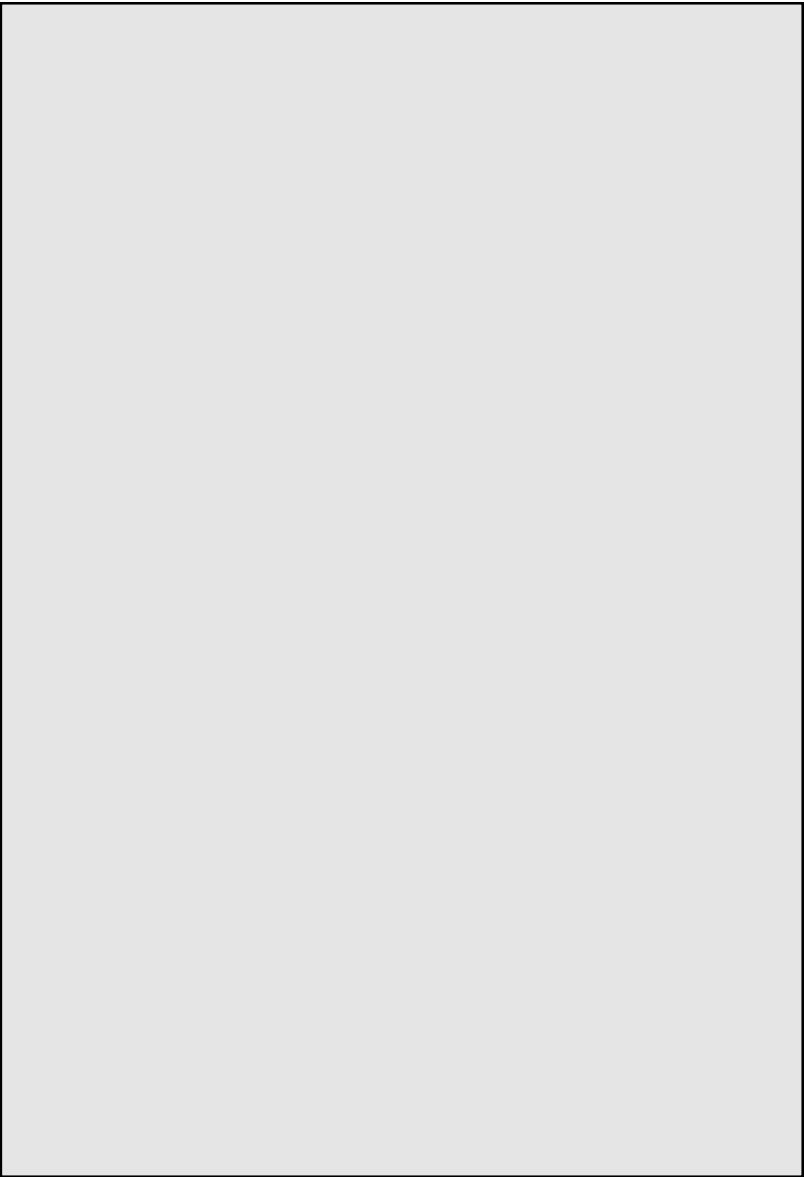
“One of the real purposes of our site is to serve as a master link to the rest of TRICARE,” Cumberland said. “With one visit to our site, people can reach virtually any of our lead agents, our hospitals and our managed-care contractors and obtain 100 percent of the toll-free numbers available.”

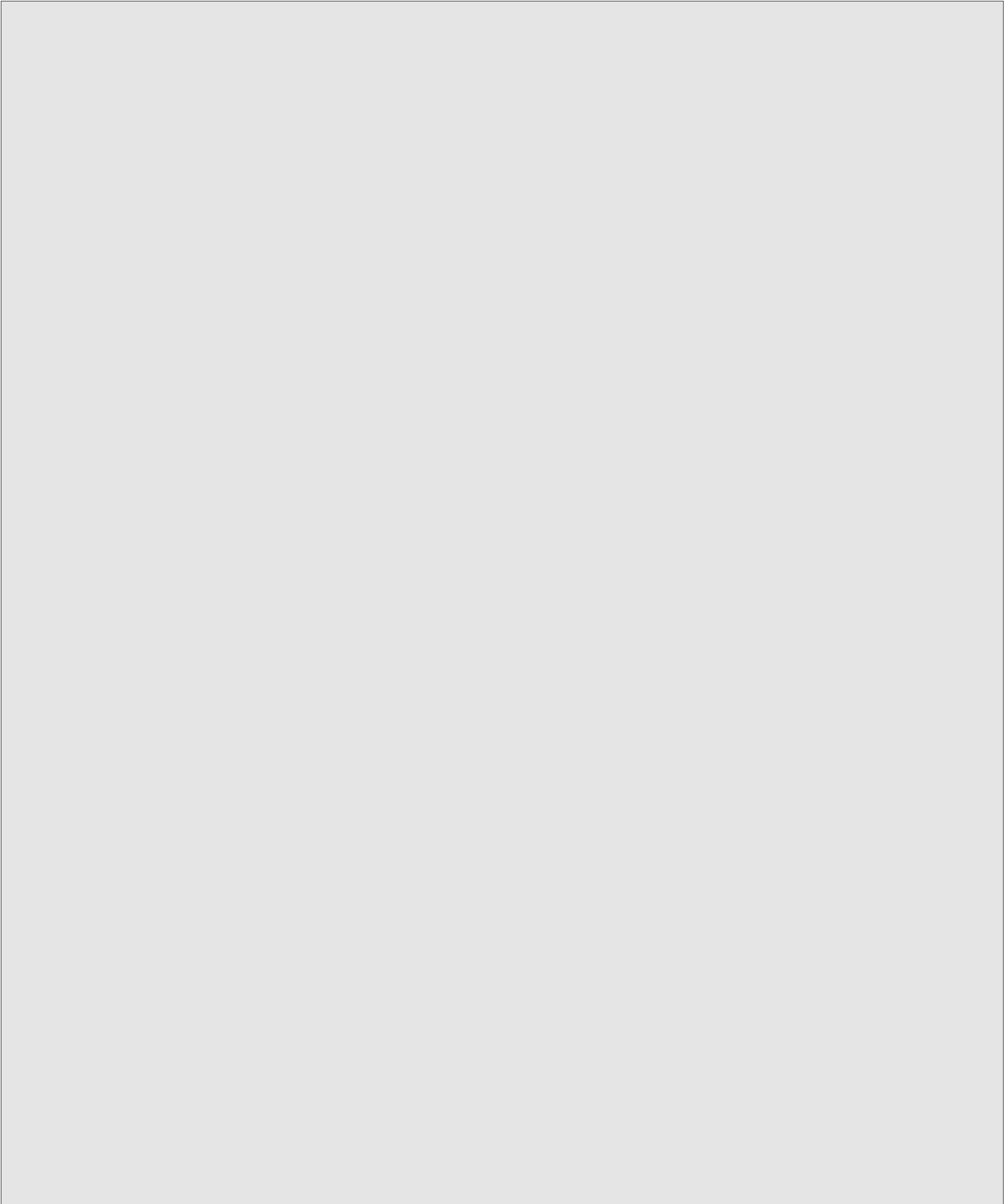
Also within this section is the “Beneficiary Forum,” where visitors can ask questions about TRICARE and join in discussions with other beneficiaries. A TRICARE staff member usually answers questions the same day they are posted to the site.

Two other key features of the site are the TRICARE Stakeholders Report and new monthly columns by agency director Dr. H. James Sears. The two columns are “Plain Talk About TRICARE,” for the beneficiary audience, and “TRICARE Grand Rounds,” for the health-care provider and administrator audience.

“The purpose of having these

●**Turn to TRICARE Page 4**





AF members’ Hispanic heritage should be preserved

Lt. Col. Ed Memi
437th Airlift Wing
public affairs

CHARLESTON AIR FORCE BASE, S.C. (AFPN) — Maintaining a strong emphasis on education and ensuring children remain bilingual to preserve their heritage were two key thoughts of retired Chief Master Sgt. Joseph Parsons during a Hispanic heritage luncheon.

A member of the Governor’s Committee for Hispanic Affairs, Parsons, who spent most of his 28-year Air Force career in recruiting and supply, currently works as a district sales manager for a

financial company.

Parsons cites four essentials in rearing children to honor their heritage.

“We need to teach them about the supreme being; provide them love and security at home; ensure they carry a last name that they can be proud of and give them a good education,” he said.

Hispanics, defined by Parsons, are those people from Spain, Cuba, Puerto Rico, the Caribbean and Latin and Central America. Hispanic is not a race, but an ethnicity, Parsons said.

Hispanics will soon make up the largest minority group in the United States. According to the U.S. Census Bureau, Hispanics comprised approxi-

mately 10.3 percent of the population in 1995, and today they already comprise 11.8 percent. In five years, Hispanics have grown from 27 million to 32 million people.

Master Sgt. Edison Velez Jr., Hispanic heritage luncheon coordinator and a loadmaster in the 14th Airlift Squadron, Charleston AFB, S.C., said (Hispanic heritage events) help people to better understand their culture and heritage.

“For my 22 years in the Air Force, I’ve always been involved in these types of events,” Velez said. “We need to share our cultural experience with others to show our diversity and how we contribute to society.”

Parsons worries that more and more Hispanic families will abandon teaching Spanish to their children and said that is a tragic mistake. Citing an old proverb on the importance of teaching children to be bilingual: “success speaks many languages.” Parsons also said that bilingual ability allows your children to stay better attuned to their heritage and may even make them more employable.

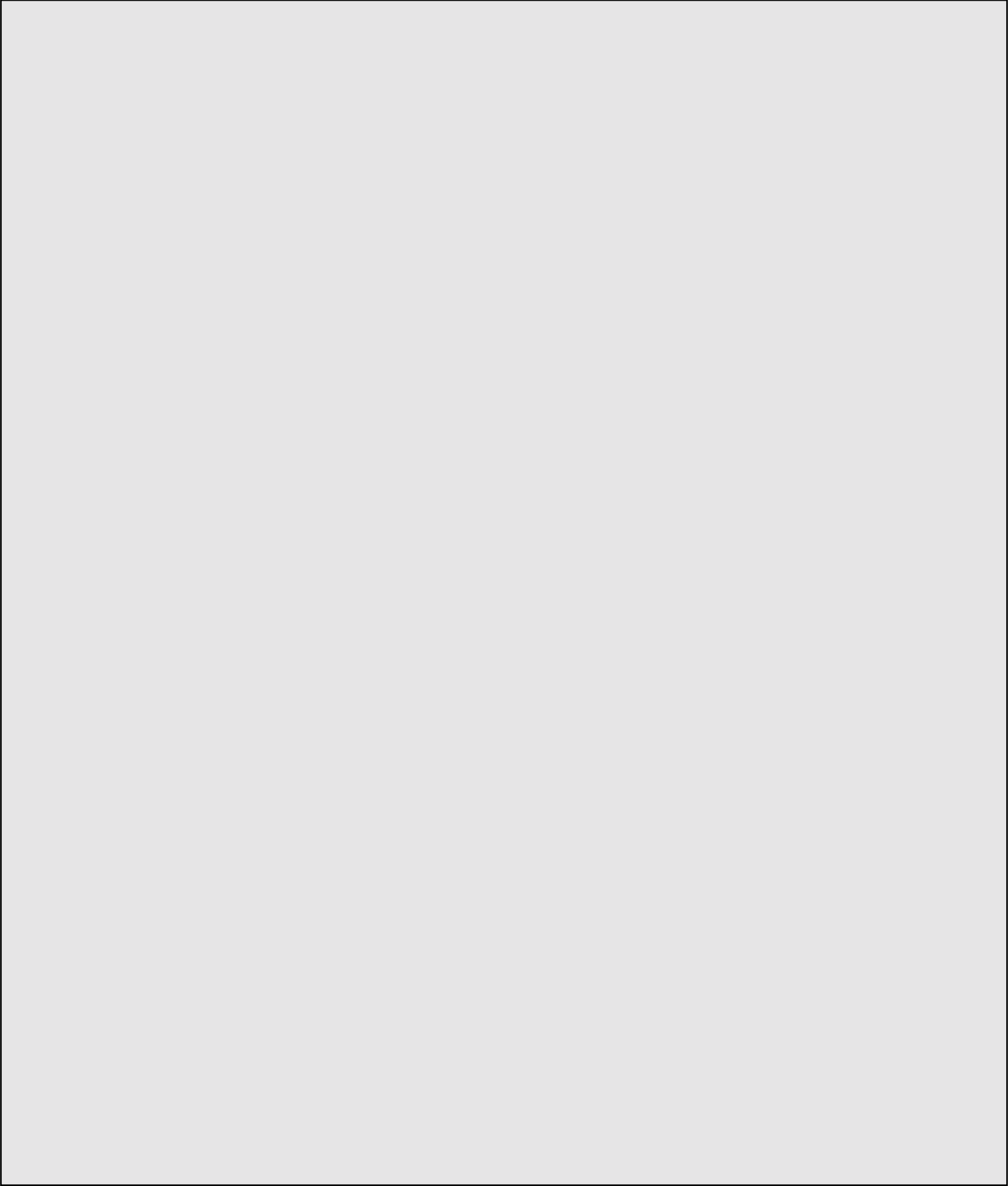
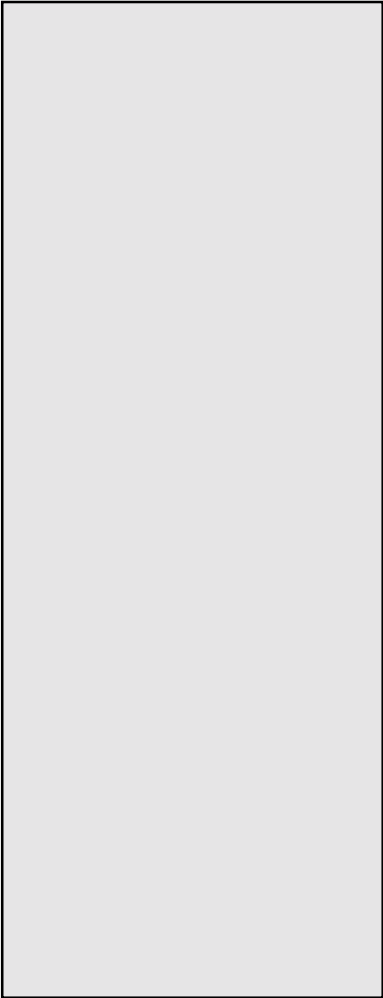
“As Hispanics, we have strong cultural ties and prefer to speak in our own language, just like any other group of people,” Parsons said. “We prefer to do business with people we have something in common with, but many of our children have not learned Spanish.”

●TRICARE from Page 2

right up front is to let beneficiaries worldwide know that we’re working on problems with this program, but that we really believe we’ve got a program that is posting some very, very good results,” Cumberland said. “We want to pass the word that TRICARE is a good health-care benefit and that the TRICARE program has matured and improved over time.”

One area officials are working to improve in the near-term is getting TRICARE-affected medical information out to providers. This will assist health-care professionals in getting the best quality medical care to beneficiaries. “We want to get stronger on information for our own providers, our own clinicians, including medical information resources for them,” he said.

In the future, officials hope TRICARE beneficiaries will be able to make appointments and refill prescriptions online as part of their TRICARE options.



Viewpoint

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The deadline for article submissions to the *Gulf Defender* is 4 p.m. Friday, prior to the week of publication unless otherwise noted. Articles must be typed and double-spaced, preferably on a 3.5-inch disc. Stories should be submitted directly to the public affairs office, Building 662, Room 129, or mailed to: 325 FW/PAI, 445 Suwannee Ave., Tyndall AFB, FL, 32403-5425. Public affairs staff members edit all material for accuracy, brevity, clarity, conformity to regulations and journalistic style. The delivery of the *Gulf Defender* to Tyndall base housing sections is provided by the *Panama City News Herald*.

For more information, or to advertise in the newspaper, call (850) 747-5000.

Safety stats

Category	'00	'99	Trend
On duty	1	0	+1
Off duty	7	6	+1
Traffic	3	1	+2
Sports	3	5	-2
Fatalities	1	0	+1
DUIs	13	7	+6

Commander's Corner:



Brig. Gen. Hodgkins

Brig. Gen. William F. Hodgkins
325th Fighter Wing
commander

Unfortunately this past week Team Tyndall suffered two very tragic losses at Det. 1, 325th Fighter Wing in Pensacola. 2nd Lt. Alex Velkou, a student navigator, died in a Navy T-34 aircraft crash Sept. 27. This disturbing news serves to remind us how fragile life can be and that we are called to protect our nation in a dangerous profession, yet one necessary to keep our nation free.

To further compound the tragedy, this past weekend Capt. Ladenai Day, also with Det 1, 325th FW, Pensacola, was killed in a motorcycle accident. To the family and friends of these fellow airmen and on behalf of the 325th Fighter Wing, I offer our deepest condolences.

In the wake of our loss, I offer a couple of reminders to all Team Tyndall members. It doesn't matter if you're on or off duty, always remember situational awareness. Our jobs and our lives include many activities we take for granted. Please don't take safety measures for granted and always be on your guard.

Speaking of being on your guard, I would like everyone to know that I noticed an increased sense of

urgency by people during this week's Threatcon exercises. The wing exercise evaluation team gave us a good test with plenty of scenarios, and people came together and rose to the challenge. I salute you for your increased efforts and encourage you to strive for an even higher level of performance as we go about training the world's best air superiority team.

This past month, we've celebrated Hispanic heritage by hosting special events and activities that remind us of this rich culture's contributions to our nation's success and defense. The real celebration however, is in the lives of the people that accomplished so much. For instance, the late Dr. Hector P. Garcia was a World War II combat hero and champion of Hispanic civil rights for 50 years. Garcia founded the American GI Forum in 1948 to fight discrimination against Mexican-American veterans. Then there's Col. Manuel J. Fernandez Jr., an Air Force ace in the Korean Conflict. He flew 125 combat missions and was credited with 14 and a half kills. The Hispanic contribution and perspective have been keys to making our Air Force what it is today — America's Air Force ... No one comes close!

Have a great Air Force week!



Combined Federal Campaign: Why I give Tech. Sgt. Susie Arce

Unit: 325th Fighter Wing chaplain service

Job Title: Chaplain support element NCOIC

Hometown: La Feria, Texas

Why I give: "There are a lot of people and organizations that are less fortunate than I am, and giving to CFC is a way for me to give back to the community."



Master Sgt. Rob Fuller

Action Line



Lisa Carroll

Col. William L. Bledsoe, 325th Fighter Wing vice commander and Lisa D. Jordan, sister of Chief Master Sgt. Ralph H. Curtis II, 325th Communications Squadron support flight chief, pin on Curtis's chief stripes in a ceremony Sept. 28.

The Action Line is your direct line to me. It is one way to make Tyndall a better place to work and live.

Action Line calls are recorded and staffed through the proper agency. The goal is to provide you with an accurate, timely response. You must leave your name, phone number or address to receive a response.

Questions or comments of general interest will be published in this forum. This avenue should only be used after coordinating problems or concerns with supervisors, commanders, first

sergeants or facility managers. If you're not satisfied with the response or you are unable to resolve the problem, call me at 283-2255.

For **fraud, waste and abuse** calls, you should talk to the office of inspections, 283-4646. Calls concerning **energy abuse** should be referred to the energy hot line, 283-3995.

Brig. Gen. William F. Hodgkins
325th Fighter Wing
commander

Q: I think we need to take a look at how we are flying our flags on base. I took a walk through the Wood Manor Housing area and counted 22 flags being flown. Of these, only four were illuminated at night and 10 others were in need of repair. I contacted housing and they said they would look into it, but they never got back to me. Please check into this concern and get the word out to housing residents on how to properly display our flag.

A: Thank you for your observations as we should all take great pride in flying our national flag. The way we fly our flag reflects the pride we have in our home,

our base and our country. Some things for everyone to remember when flying the United States flag, whether you live in base housing or off-base, are the following: according to universal custom, you should only display the flag from sunrise to sunset on buildings and on stationary flagstaffs in the open; you should illuminate flags flown at night and you should not display the flag on days when the weather is inclement unless you display an all-weather flag.

Also please remember that if your flag becomes deteriorated, faded, or torn you can bring it to DGR, our maintenance contractor for housing, for proper disposal and replacement.

Thinking about getting out?



Get the facts first. Call Chief Master Sgt. Ron Georgia, 325th Fighter Wing career assistance adviser at 283-2222 (283-Career Assistance Advice Anytime).

MTI duty offers rewards, satisfaction

Maj. Gen. Michael N. Farage
37th Training Wing commander

LACKLAND AIR FORCE BASE, Texas (AFPN) — “The Air Force is hiring!” That message will become more visible over television as we progress into our multimillion-dollar advertising campaign. Tune in to anything from “NFL Today” to “The Simpsons” and you are liable to see ads aimed at recruiting yet another generation of airmen.

Our success in recruiting has created yet another opportunity to excel. Will there be enough military training instructors available to handle the projected influx of young men and women? Are there enough airmen willing to rise to the challenge of ensuring a well-trained force to carry on the work of those that have gone before?

We were authorized 420 MTIs at Lackland AFB, Texas beginning Sunday. Currently, we are staffed at only 79 percent of that goal. What we have is a void that must be filled if we are to remain the world’s best Air Force.

There are those, senior airmen to master sergeants, who have conquered the challenges of their current career fields and are looking for new callings. These are the people we’re looking for — the ones willing to spend the long hours and expend vast

amounts of energy and talent to make a difference in other people’s lives.

The job offers benefits; \$275 per month in special-duty pay and an annual supplemental clothing allowance. But the real reward is in the finished product. The rewards gained by those who choose a career as an MTI are more of the heart and mind.

It is the reward of the teacher who successfully imparts knowledge and skills to those who had no clue of their own potential. It is the satisfaction mentors enjoy when they have given direction to a life caught up in aimless pursuits.

An MTI is a sculptor who molds and carves raw material into the functional and recognizable shape of an airman.

Teachers may have to wait until the end of the school year, or longer, to reap the rewards of their efforts. Mentors may have to wait until the subjects score their first major successes in life. A sculptor’s true contributions may only be recognized after their death. For MTIs, the sweet taste of success occurs every six weeks as members of their flights stand tall during basic military training graduation ceremonies.

Nearly every week, I have heard the awe and amazement expressed by family members who see their sons and daughters, sisters and brothers, spouses and fiancés who have been transformed by the efforts of these

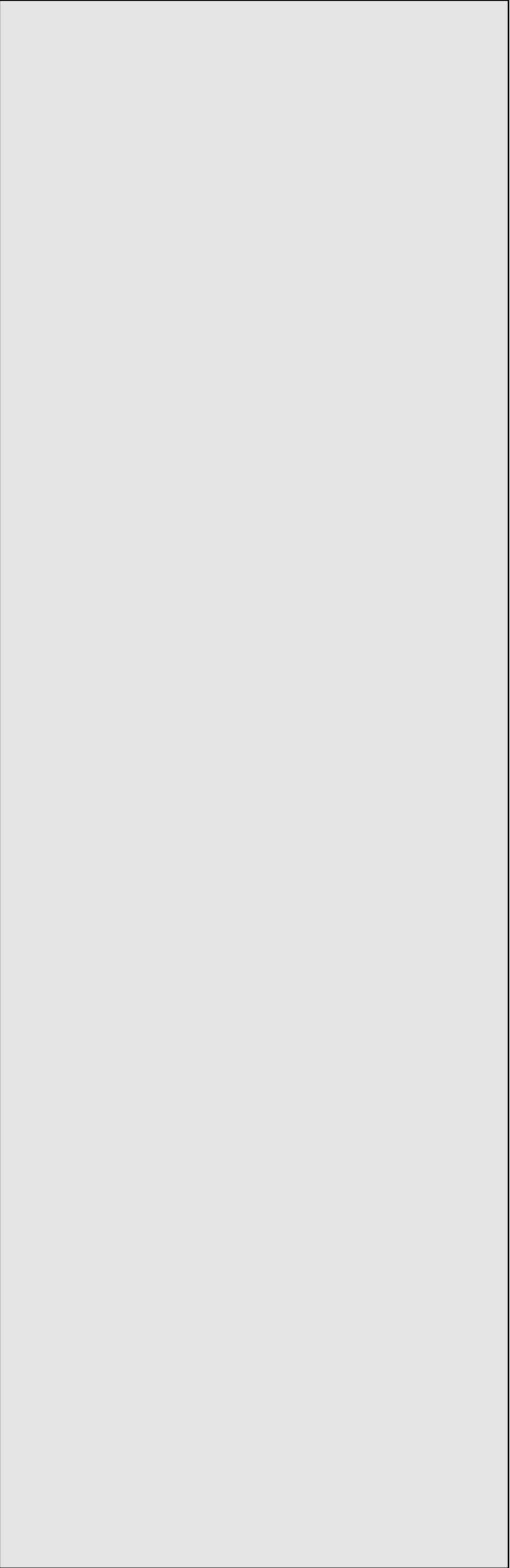
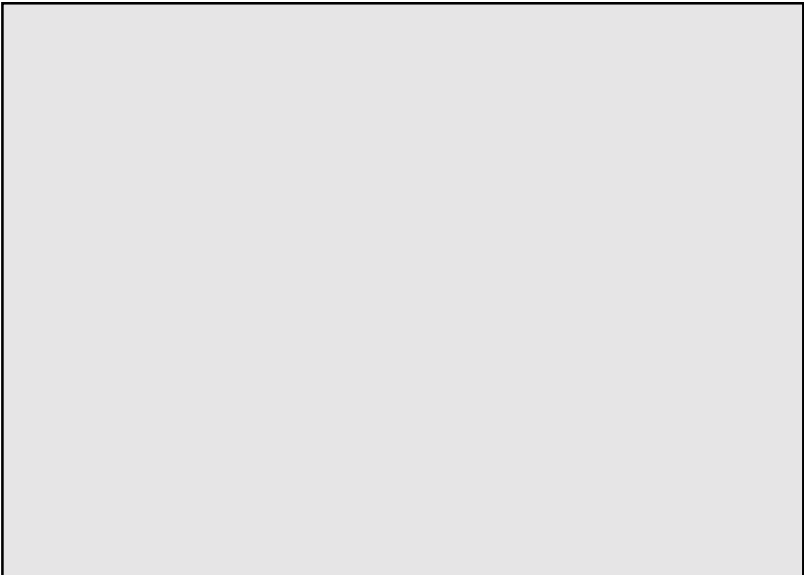
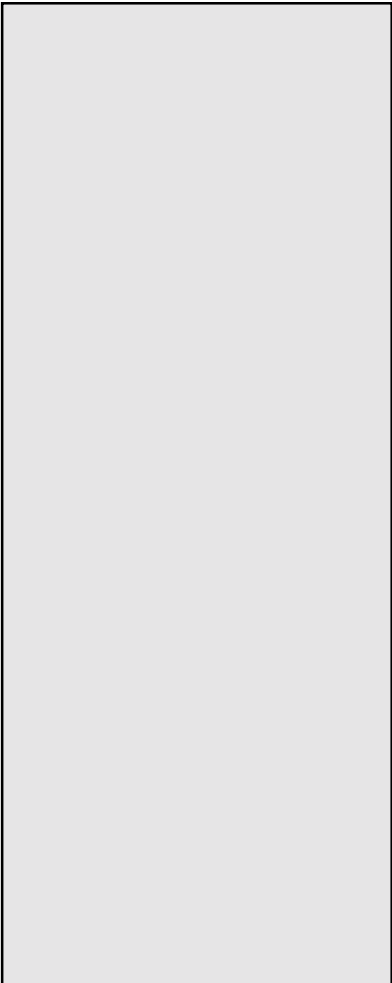
miracle workers in blue hats. I am constantly amazed.

There is a sense that the MTIs have effectively imparted the Air Force core values of excellence, integrity and service before self to those who are just beginning their great adventure, probably their first real challenge. All MTIs hope their preparations will allow their charges to effectively meet the challenges of the future.

We have a particular need for women who feel they can contribute to the MTI program. Currently, 27 percent of all trainees are women, but less than 14 percent of MTIs are female. More female instructors would portray women in supervisory positions; perfect role models for trainees and a more accurate reflection of the Air Force at large.

We are responsible for sending the Air Force the best-prepared airmen in the world. To do this, we must call upon the top performers in the field to come back to their roots at Lackland and help perpetuate what we have worked so hard to sustain.

There is a step beyond current professional job competence, and right now the need is strong. If we are to maintain our position as the best, there must be those willing to come to Lackland, the “Gateway of the Air Force,” and help us usher new airmen through this gateway on their way to productive careers. It is the ultimate repayment.



CPSC recalls extinguishers

WASHINGTON, D.C. — In cooperation with the U.S. Consumer Product Safety Commission, BRK Brands Inc. of Aurora, Ill., is voluntarily recalling about 600,000 First Alert household fire extinguishers. The extinguishers can fail to discharge when the trigger is activated, failing to put out a fire, which puts consumers at risk of fire-related injuries.

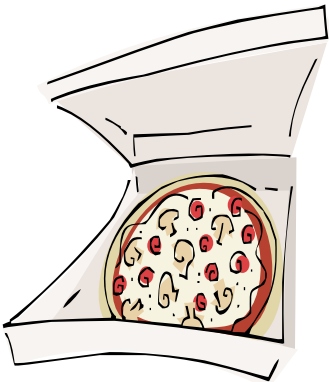
The CPSC and BRK have received five reports from consumers of the fire extinguishers failing to discharge when activated. No injuries have been reported.

Only First Alert model FE1A10G with certain serial numbers are included in this recall. The serial number is located on the extinguisher’s label, above the model number in a rectangular box. “First Alert” is written on the unit’s label and pressure gauge. The fire extinguishers are either red or white.

Home centers, mass merchandisers and hardware stores nationwide sold the fire extinguishers from September 1999 through September 2000 for between \$9 and \$15.

First Alert fire extinguishers with a “100% Quality Tested” sticker attached to the fire extinguisher label are not included in the recall, regardless of the serial number.

Sports Page Pizza Pub



**All you
can eat
pizza
buffet**

**10:30 a.m.-1 p.m.
Monday and Thursday**

Features

325th CS VI center serves Tyndall ... With a smile

Tech. Sgt. Mona Ferrell

*325th Fighter Wing
public affairs*

Riddle time. What one thing do commander's calls, retirement certificates, video conference calls and passport photos all have in common? Answer: They are all made better and easier with the help of Team Tyndall's 325th Communications Squadron Visual Information Service Center.

Consisting of two military members and five civilians contracted by the Bryan-Olson Corp., the VI center enhances communication throughout Team Tyndall using three different processes: photography, graphics design and by operating a top-of-the-line video teleconferencing facility. "Our job is to put the polish on other people's programs," said Jim Bellesbach, 325th CS contract VI manager. "We make people look good — that's what we get paid to do. Our thumbprint can be seen in almost every work center on Tyndall."

Of course, the photography element of the VI center may seem to leave the most prominent mark throughout the base. Whether it's providing alert photographers for an on-base house fire, taking an official photo of a new group commander or catching a Tyndall member's excitement after winning a quarterly award, someone from the VI photography lab is there, documenting the event on film. "Through the use of photographic imagery we record events as they happen," said Steve Wallace, 325th CS contract photography supervisor. "We could actually be considered historians in a unique way."

Photographing events sometimes means catching more than a smile, Bellesbach said. In certain cases of alert or on-the-scene photography, images taken by VI photo lab personnel have the potential to be used in court martials. "Whether something happens during duty hours or 2 a.m., we have an alert photographer on call, ready to record an accident or crime at a moment's notice," he said. "Imagery of this type is gathered as evidence and can be used later during court-martial proceedings."

While not as dramatic, the graphics element of the VI center also documents history in its own way. Combining today's computer technology with a wealth of experience, Tyndall's VI graphic designers are able to produce high-end graphics for almost any occasion. "We design graphics for almost every agency on base,"

said Lance Erwin, 325th CS graphics supervisor. "A few of our main customers are the 823rd RED HORSE detachment, the 325th Training Squadron and the Air Force Office of Special Investigations," he said. "But our work can also be seen on almost every retirement certificate, base information brochure or graduation program. Everyone uses our services at one time or another."

These services are being used today more than ever before, Bellesbach said. "With today's technology, we are able to acquire a photo digitally then bring it back to the office and process the image electronically in graphics using computer programs. We're really seeing the photo lab and the graphics side of visual information come together more and more."

This technology not only advances what the center can do, but how quickly they can do it. "Our goal is to be free of the (photographic) wet process by the end of this year," Wallace said. "That means we will no longer have prints, slides or film to process — everything will be done digitally. This

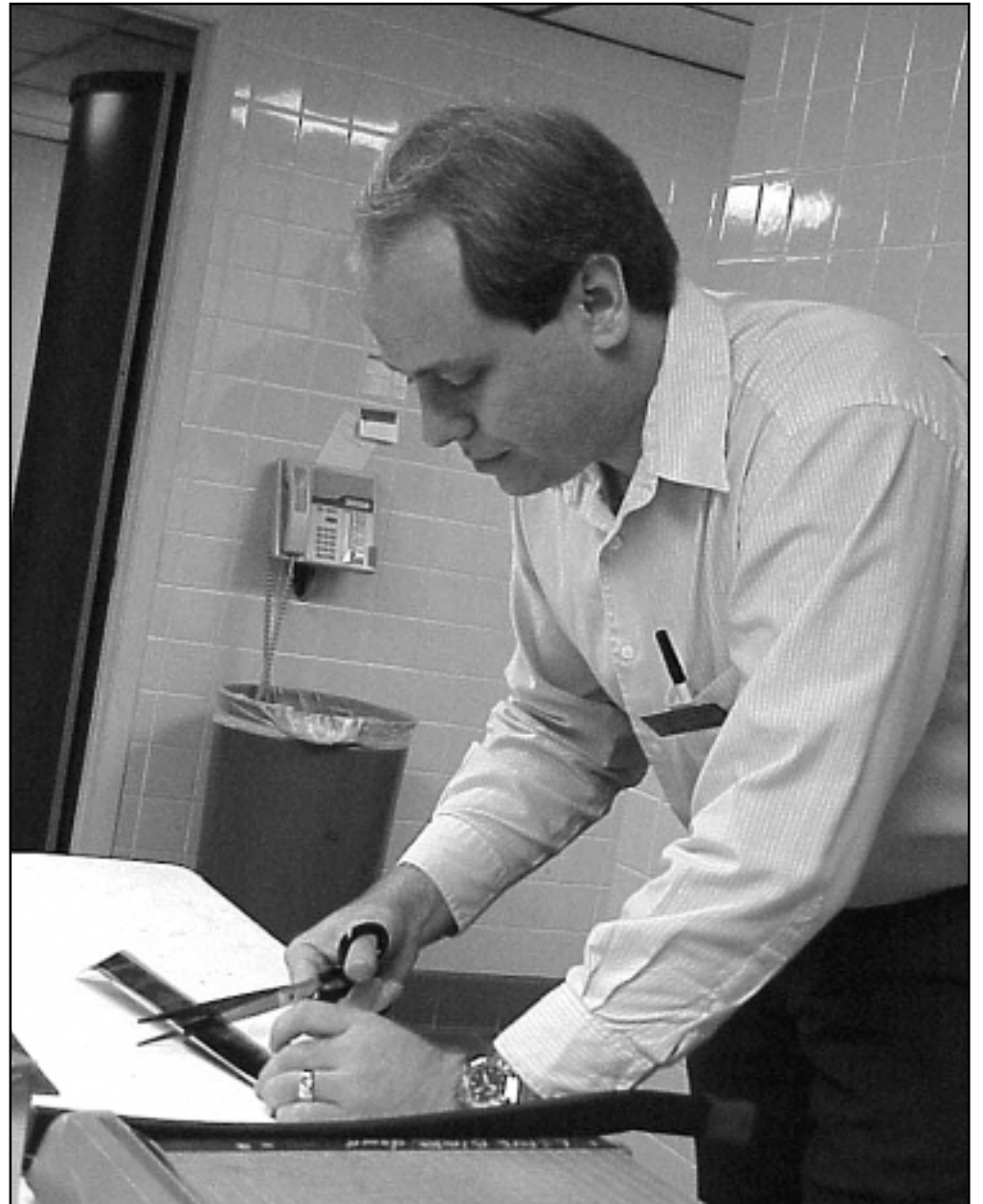
will provide not only faster, and in some cases, almost instant service while you wait for photographic processing, but also allow us to provide different kinds of services. For instance, we can make a collage of photos for a retirement versus just handing over a stack of photos after they're taken. Providing good customer service is what it's all about."

Of course, the customers using the visual information flight's video teleconference facility can 'see' good service instantaneously — and in most cases from hundreds of miles away. "Our VTC facility allows base customers the ability to uplink and communicate with other Air Force bases in the United States — both through audio and video uplinks," Bellesbach said. "By connecting Tyndall members to others throughout the command and the Air Force, we provide a mission-essential service."

It is a service that cannot be overestimated. Whether their work is seen in a photograph, a design element displayed in a unit's break room or through a connection made between bases geographically distanced, members of Tyndall's VI center combine technology and knowledge in an effort to take communication to new heights. "We have 80 years experience within our flight," Bellesbach said. "The whole basis of our contract with the government is customer satisfaction — and we take it seriously. Our customers tell us we do a bang-up job."

"Through the use of photographic imagery we record events as they happen. We could actually be considered historians in a unique way."

Steve Wallace



Photos by Tech. Sgt. Mona Ferrell

Steve Wallace, 325th Communications Squadron visual information center photography supervisor, cuts negatives after running them through a photo processor.



Jim Bellesbach, 325th CS visual information contract manager, takes a portrait studio photograph of Master Sgt. Charles Duncan, 325th CS telephone systems NCOIC.

Junior Achievement: Tyndall master sergeant helps take learning to a higher level



Master Sgt. Scott Williams, 1st Air Force assistant chief of atmospheric sensors and communications, explains how a city is laid out to a Tyndall Elementary School class.

2nd Lt. Angela Rogers
*325th Fighter Wing
public affairs*

All parents want to think that their children are ahead of their peers. For parents whose children attend Tyndall elementary, this could be true due to the efforts of a dedicated father.

Master Sgt. Scott Williams, 1st Air Force assistant chief of atmospheric sensors and communications, has been instrumental in expanding the Junior Achievement program at Tyndall, said Libby Pippin, Tyndall Elementary School principal. As the consultant coordinator for Tyndall, "he has supplied the manpower and had the vision of doing it school-wide and knew that it could be supported for our military children," she said.

This will be the first year that Tyndall Elementary School will be offering the Junior Achievement program to all grades and classes, according to Pippin. Tyndall is the first school in the county to accomplish this feat.

"This is really big time because it keeps Tyndall among the best elementary schools in the county," said Lt. Col. Denny Peeples, 1st Air Force chief of safety and military

liaison for the Bay County Junior Achievement board of directors.

William's initial experience with Junior Achievement was when he participated in high school. "I enjoyed it, but I never heard of Junior Achievement for the kindergarten through fifth grade levels until a year ago when I was talking to Lt. Col. Peeples," he said. "The colonel mentioned that he was involved in JA and that they went into the classrooms and taught children about economics and how businesses work. I thought it would be an exciting thing to get involved in.

"I've always thought it was important that kids have a real understanding of money," he said. "I don't think I had a real understanding of it as a child. I always thought if I needed something, I could ask my parents."

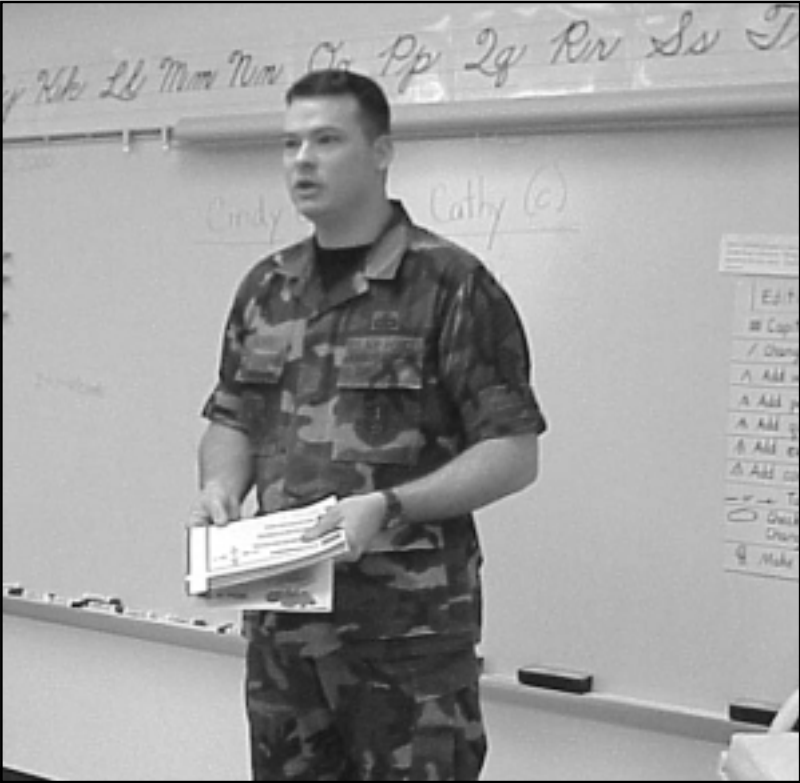
Everything children learn in Junior Achievement meets the Sunshine State standards for what kids should know about economics, Williams said. While schools that do not offer JA also have courses that teach economics, JA encapsulates those standards into just five hours out of their term.

According to the national JA web site, the Junior Achievement Elementary School Program includes seven grade-specific themes. The kinder-

garten students learn about the role of the individual in the economy, including the value of money and the effects of how they choose to spend it. By the time they reach the fifth grade, the students have already learned about economic development on the municipal, regional and national levels. They have also learned about natural resources and the interacting roles of the consumer and the supplier. In fifth grade, students learn about a company: choosing employees, developing products, creating divisions, advertising and stocks. By the end of the course, they are able to assemble and present annual reports.

Some of the material may seem very sophisticated and difficult for a young child to understand. Williams' experiences have proven otherwise. "The kids love it," he said. "After the first day, they were more than just excited about having someone new in the classroom, they were excited about what they were learning. Hands were flying up when I asked questions, and they responded well to the concepts."

Pippin agreed that the children are more than ready for JA. "It's amazing what the children can put together and the observations they can make when they've got the



Williams conducts a class discussion at Tyndall Elementary School during one of his Junior Achievement volunteer sessions.

background knowledge," Pippin said.

"Last spring, I taught the third graders about a city and why it's divided into different districts: business, residential, farming and what you would put in each of those districts. Where would you put a hospital, a restaurant or a grain silo? Then, we talked about specific businesses. We discussed how many people, in terms of publishers, printers, editors, writers, accountants and distributors, it takes to run a newspaper. The students wrote articles and I assembled them into a paper. At the end of the course, they were happy to get the newspapers and JA completion certificates to take home to their parents."

This spring, Williams and Peeples are looking forward to team-teaching the first grade. Williams' daughter and Peeples' son are classmates. "I think it's an exciting prospect. I teach her already," Williams said. "I think she'll be excited that I'm coming into her classroom and she's sharing her dad with the class. I've volunteered for her class before, scooping ice cream and that kind of thing. This is more valuable because they can learn from it."

Kids not only learn about economics but they also learn about the other aspects of running a good business. "What they learn is that it always takes an organization of people to make something successful — whether it's people inside or outside of your business," Williams said. "It requires teamwork and an understanding of money and being able to budget time and money in order to make and sell a product. They learn that money makes the world go round,

but that it also takes teamwork and professionalism. They learn about setting a goal and sticking to it. These kinds of things aren't always taught in regular classes."

Junior Achievement also helps prepare children for their adult lives. "I think it's a wonderful connection between the classroom and the real world," Pippin said. "Students can see how they will apply what they are learning in English and math — JA supplies the connection."

Williams also enjoys the personal rewards of being a JA consultant. "I feel like I've accomplished something that wasn't just for my child," he said. "It makes me want to go into teaching when I get out of the Air Force so I can continue to impact the lives of children.

"It's like coaching," he said. You take something you're good at and share it with kids. I'm not good at sports but I'm good at speaking and communicating and I understand how communities work. I feel like this is my thing to do."

Williams encourages others to volunteer. "It takes up your lunch hour and 10 hours of classroom and preparation each semester," he said. "All the training and materials are provided.

"Teaching your kids about the community helps make your community better — that's something to be proud of. It's easy to volunteer for something that affects your own children."

Williams invites anyone interested in becoming a volunteer consultant to contact him by e-mail at: scott.williams@1staf.tyndall.af.mil, or call him at 283-8035.

October is breast cancer awareness month

Capt. Laura J. Palm
325th Medical Operations Squadron
family practice clinic

Breast cancer is a major concern for women everywhere. It is one of the more curable cancers if it is caught early and treated. In the United States, 182,800 new cases of this type of cancer will be diagnosed this year.

So what is cancer? Cancer is a group of diseases. All forms of cancer cause cells in the body to change and grow out of control. Most types of cancer cells form a lump or mass called a tumor. Cells from the tumor can break away and travel to other parts of the body where they can continue to grow.

Most kinds of cancer are named after the part of the body where the cancer first starts. Breast cancer begins in the breast tissue. Both men and women can get breast cancer, although it is much more common in women.

It is not known exactly what causes breast cancer, but certain risk factors are linked to the disease. A risk factor is something that increases a person's chance of getting a disease. Some risk factors can be controlled, while others cannot. Risk factors that cannot be controlled include:

- Gender — women are more at risk.
- Age — the chance of getting breast cancer increases with age.
- Genetic risk factors or family history — risk for breast cancer can be inherited in the genes.
- Race — white women are at highest risk, then

African-American, followed by Asian and Hispanic women.

Risk factors that can be controlled include:

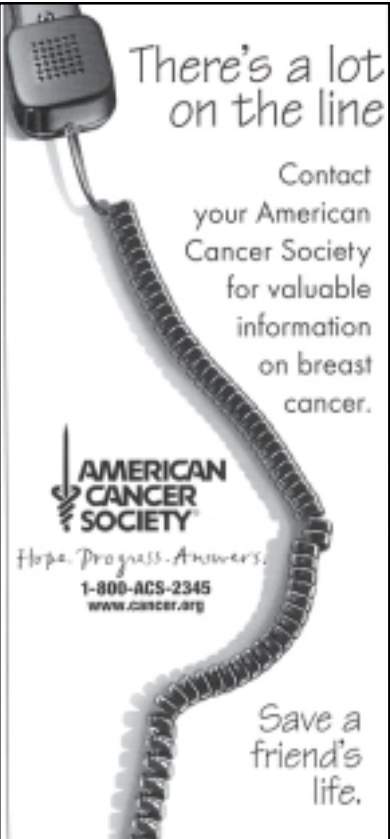
- Exercise — new studies show that women who exercise have a decreased incidence of breast cancer.
- Smoking — affects overall health and decreases the body's ability to fight off abnormal cell growth.
- Alcohol — use of alcohol increases incidence of breast cancer.
- Diet — countries with high-fat diets have a higher incidence of breast cancer.

What can you do to prevent breast cancer? It is not known at this time how to prevent breast cancer, so women are encouraged to reduce risk factors whenever possible and follow the American Cancer Society's guidelines for early detection.

A woman can also get genetic testing done if there is a strong family history of the disease. This is expensive and very controversial with insurance companies. People with positive results, carrying the breast cancer gene, may never be able to get health insurance again. Genetic counseling is advised before this is done.


A newer drug, Tamoxifen has been used to treat breast cancer, but recent studies show that it can also decrease a woman's chance of developing it. This could be an option for women with multiple risk factors to look into.

The 325th Medical Group uses the Department of Defense "Put Prevention into Practice" which includes preventive measures for breast-related health. Talk to your primary care manager at your next annual exam about any concerns you may have regarding breast health.



There's only one way
to come out ahead
of the pack.

QUIT



American Heart
Association
WE'RE FIGHTING FOR
YOUR LIFE

Tyndall's chapel schedule

Protestant
Communion Service: 9:30 a.m.
Chapel 1
General Protestant Service: 11
a.m. Chapel 2
Sunday school: 9:30 a.m.
Kids' Club: 2:45-5:45 p.m.
Wednesday

Catholic
Daily Mass: noon Monday
through Friday, Chapel 2;

Reconciliation: 4 p.m. Satur-
day
Mass: 5 p.m. Saturday,
Chapel 2
Mass: 9:30 a.m. Sunday,
Chapel 2
Religious education: 10:50 a.m.
Sunday
Chapel 2: 283-2925
Other faith groups: Call 283-
2925

Your link to what's going on

Gulf Guide

OCTOBER

FRI
6

Troy State registration

Today is the last day of registration for Troy State's Term II. For more information, call 283-4449.

Women veterans' benefits

A women veterans' benefits briefing is 9-11 a.m. today in the family support center classroom. The seminar will provide information on Veteran Affairs services available to women with emphasis on health care. For more information or reservations, call the family support center, 283-4205.

AFSA scholarships

The Air Force Sergeants Association's Chapter 553 will be sponsoring scholarships up to \$1,000. Applicants must be dependents of an AFSA member, 2000 high school graduates and have a cumulative grade point average of at least 2.5. Applications are due today. For more information, call Staff Sgt. Regina Gourdine, 283-4118.

MON
9

Commissary closure

The commissary will be closed Monday in observance of Columbus Day and Tuesday for the regular Monday closure. It will reopen 9 a.m. Wednesday.

'Moms, Pops & Tots'

The parent and child interaction play group, "Moms, Pops & Tots" for parents and their under-age-5 children meets 9:30-11 a.m. every Monday at the youth center. For more information, call 286-5812.

TUE
10

'Drive for the Cure'

'Drive for the Cure', a breast cancer awareness event sponsored by local luxury car dealers and the Susan G. Komen foundation, will be 10 a.m.-6 p.m. Tuesday. Any licensed driver can drive a luxury car on a 12-mile course, and the car maker will donate \$1 per mile driven to the Susan G. Komen breast cancer research foundation. No reservations are needed. For more information, call Capt. Laura Palm, 283-7036.

Embry-Riddle registration

Embry-Riddle Aeronautical University's registration for the winter term will be 8 a.m.-4:30 p.m. Tuesday-Oct. 13 in Room 49 of the education center. Class dates are Oct. 16-Dec. 16. For more information, call the education center, 283-4557.

WED
11

NCO Association meeting

ANCO Association general membership meeting will be 11:30 a.m. Wednesday in the NCO Academy auditorium. For more information, call Staff Sgt. Robert Barnett, 283-8734.

Parenthood-preparation course

The four-session parenthood-preparation course will con-

tinue 3-5 p.m. Wednesday, Oct. 18 and Oct. 25 in the family advocacy conference room. The class will cover basic infant care and development, care of a sick infant, and how to cope with a crying baby. For more information or to register, call family advocacy, 283-7272.

THU
12

Coastal navigation class

The Coast Guard Auxiliary Flotilla 19 advanced coastal navigation class will be 6:15-9 p.m. Thursday in the auxiliary classroom next to the Coast Guard Station. The 12-session course will meet Mondays and Thursdays until Nov. 20. The course is designed to teach classical methods of coastal navigation applicable to small vessels. There is no charge for the instruction, but a \$35 material charge is necessary for the book, study guide and charts. For more information, call 769-1896 or 785-7596.

FRI
13

'Safe at Home'

Family advocacy's Friday Forum class "Safe at Home" will be 11 a.m.-12:30 p.m. Oct. 13 in the health and wellness center Room 104. The forum is for adults, caregivers and community leaders and will include information on domestic violence. For more information or reservations, call family advocacy, 283-7272.

Retiree workshops

In support of Retiree Days, a retiree workshop will be 7:30-11:30 a.m. Oct. 13 in the family support center classroom. The workshop will be repeated 12:30-4:30 p.m. Oct. 13 and 8:30 a.m.-12:30 p.m. Oct. 14. Topics will include income, growth, Individual Retirement Accounts, 401K plans, annuities, long-term care, Social Security, pension and retirement income taxes, asset titling, probate and federal estate taxes and living trusts. For more information or reservations, call the family support center, 283-4204.

TUE
17

Family violence conference

A family violence conference for commanders and first sergeants will be Oct. 17 at Hulburt Field. "The Broken Bond: People, Pets and Family Violence" is sponsored by the Hulburt Field Family Advocacy Program and supported by the Tyndall Family Advocacy Program. For more information, call family advocacy, 283-7272.

MON
23

Breast-feeding class

A breast-feeding class will be 3-5 p.m. Oct. 23 in the behavioral health conference room. For more information, call family advocacy, 283-7272.

RETIREE NEWS

E-mail scams

Computer users are advised to be alert to possible e-mail scams. Although the internet provides unprecedented world-wide access, scam artists are also using this same access.

The Federal Trade Commission has issued a consumer alert regarding another e-mail scam. This e-mail appears to originate from internet service providers and states that a user's account needs to be updated, or that a credit card is invalid or has expired.

The FTC advises not responding to this kind of message without first contacting the internet service provider.

The FTC classifies this type of scam as another attempt at identity theft. In 1998, Congress passed the Identity Theft and Assumption Deterrence Act, making it a federal crime for a person to transfer or use a means of identification of someone else with the intent to commit a crime.

Anyone who suspects they may be a victim of a scam can contact one of the following offices:

The National Fraud Information Center, 1701 K St. NW, Suite 1200, Washington, D.C., 20006. Telephone: (800) 876-7060. FAX: (202) 835-0767. E-mail: www.fraud.org.

Federal Trade Commission, Attention: Identity Theft Clearinghouse, 600 Pennsylvania Ave., NW, Washington, D.C., 20580. Telephone: (877) 438-4338. Complaints can be filed online at: www.consumer.gov/idtheft.

U.S. Office of Consumer Affairs at (800) 664-4435.

Anyone who discovers that their identity has been stolen should also contact the three major credit agencies: Equifax, (800) 525-6285, or online at www.equifax.com; Experian, (888) 397-3742 or www.esperian.com; and Trans Union, (800) 916-8800 or www.tuc.com. Upon request, the bureaus must supply a free copy of credit records if the credit account is inaccurate due to fraud. Consumers should also contact their creditors about any accounts that have been tampered with or opened fraudulently.

The latest information on new scams is available at the following web sites: www.consumer.gov/idtheft or www.privacyrights.org.

YARD SALES

The following yard sale is scheduled for Saturday: 2951-B Bomarc St. All yard sales are held between 8 a.m.-4 p.m.

BASE THEATER

Today: "The Cell" (R, violence, sexual images, nudity and language, 108 min.)

Saturday: "The Cell"

Sunday: "Autumn in New York" (PG, language, some sensuality, 105 min.)

Thursday: "Gladiator" (R, intense graphic combat, 155 min.)

BERG-LILES DINING FACILITY

Today

Lunch: onion-lemon baked fish, sukiyaki

Dinner: pasta with clam sauce, savory baked chicken

Saturday

Lunch: Swedish meat balls, tuna noodle casserole

Dinner: Creole fish, barbecue ham steak

Sunday

Lunch: Parmesan fish, beef pot roast

Dinner: chili mac, lemon-baked fish

Monday

Lunch: spaghetti, veal Parmesan

Dinner: meat loaf, spicy-baked fish

Tuesday

Lunch: baked ham, baked chicken

Dinner: roasted pork loin, ravioli

Wednesday

Lunch: pork adobo, Mexican baked chicken

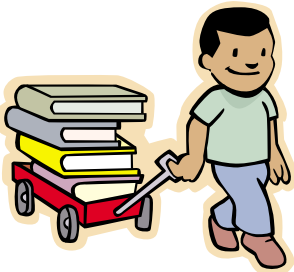
Dinner: lemon-baked fish, jaegerschnitzel

Thursday

Lunch: Chinese five-spice chicken, braised beef and noodles

Dinner: grilled bratwurst, fish almondine

Menus are subject to change.



**Take time
with your
kids**

*Read to them
learn together*

*A wealth of knowledge
can be found inside
the cover of a book.*

*Take time to read,
listen and learn with
your children now —
they'll thank you for it
in the future.*

Spotlight



2nd Lt. Angela Rogers

Staff Sgt. Kevin Warren

Squadron: 325th Contracting Squadron

Job title: Contracting journeyman

Years at Tyndall: Six

Hometown: Folkston, Ga.

Why did you join the Air Force: To carry on a family tradition and to have a career doing something I like and believe in.

Most exciting facet of your job: Deploying in support of contingency operations and working with commanders to buy the things they need to get the job done.

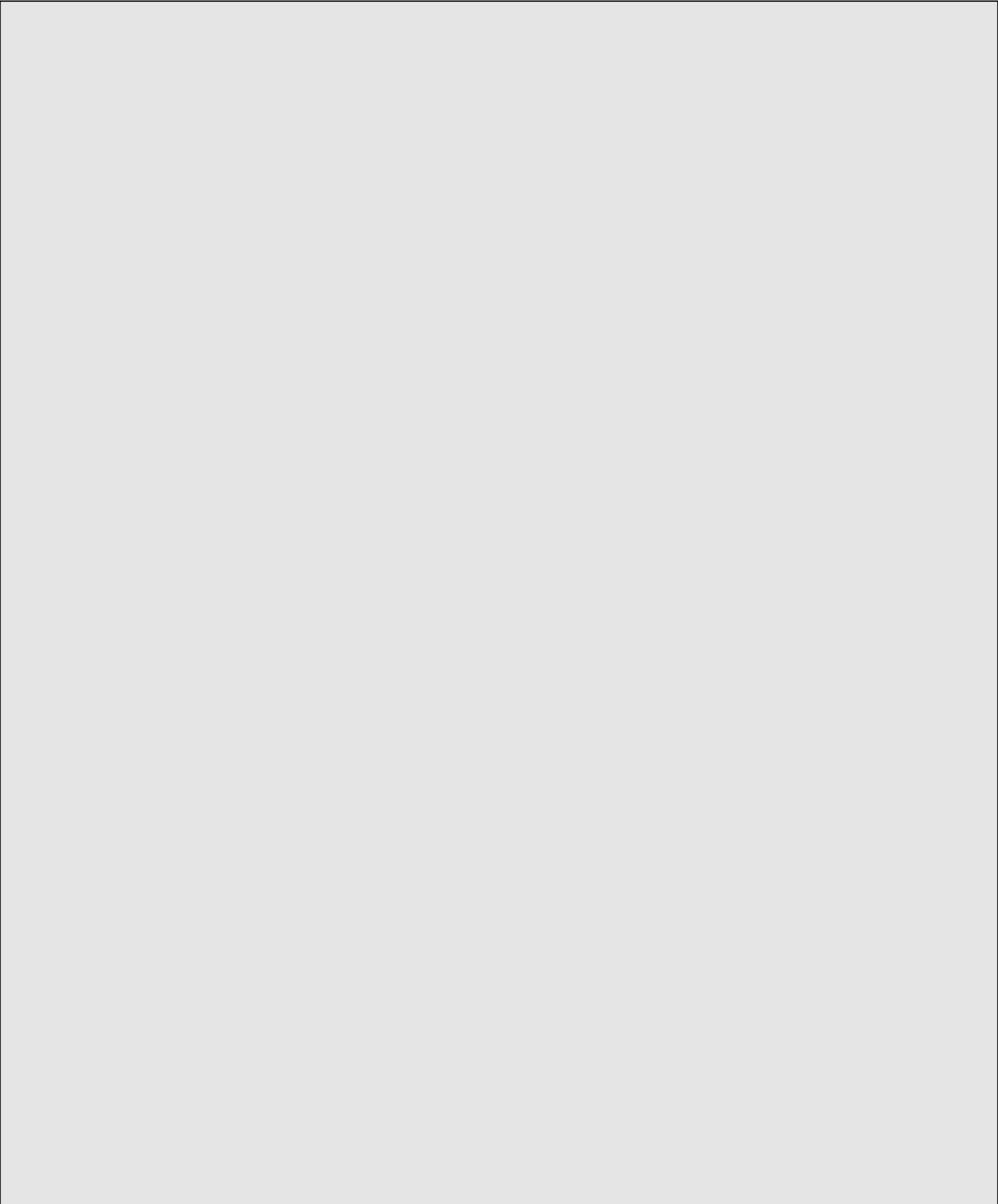
Short-term goals: Get certified as a professional contracts manager.

Long-term goals: Raise happy, successful children and start a family business.

Favorite books: “Rainbow Six” and “Green Eggs and Ham”

Favorite movie: “Lonesome Dove”

Hobbies and off-duty activities: Fishing, camping, reading and playing around with the kids.



Tyndall’s free classified ads

- 1987 Yamaha Fazer motorcycle with Kerker exhaust, 700cc Genesis engine. Very fast, must sell due to PCS. Includes two helmets. \$900 OBO. Call 784-0848.
 - 1997 Harley Davidson Sportster, 883, forward controls, drag pipes, drag bars, extra chrome, \$7000. Can e-mail pictures. Call 763-8354.
 - Two-door Hotpoint refrigerator, \$100. Two-door GE refrigerator, \$200. Sears self-propelled mower, 1 year old, \$125. Three bicycles, \$25-\$60. Call 236-3106.
 - 1991 Vulcan 500, excellent condi-
- tion, 2 helmets, vests, 10K miles. Asking \$1925. Call Brian for more details, 871-2380.

 - 2001 Yamaha Warrior 350, 6 speed, reverse, electric start. Still under factory warranty, black and white. Save yourself some money, \$4700 OBO. Call 874-8738.
 - 1997 Honda Shadow VLX, 1150 miles. Always stored under cover, includes helmet, lock, extended warranty, \$3500. Call Beth or Brad, 271-0823.
 - 1995 Harley Davidson Sportster, 4500 miles, \$8000 OBO. Call 871-0632.



When: Free weekly classified section begins today.

For: All Tyndall active-duty military members, dependents, Department of Defense civilians, contract personnel and retirees may make submissions.

Other guidelines:

Classified request forms must be picked up in person at the Tyndall Public Affairs office, Building 662, Suite 129. Specific policy guidelines are stated below.

- Only personal items less than \$20,000 and pet sales under \$50 will be placed in this section.
- Each submission will run for one week. People wishing to have their item run more than one week must resubmit a request form each week.
- Twenty (20) word limit.
- Only one advertisement per person, per week may be submitted.
- All advertisements are on a first-come, first-serve, space-available basis.



- There is no guarantee of publication.
- Deadline is 4 p.m. Thursday the week prior to publication.
- Forms may be either faxed or dropped off in person to the Tyndall Public Affairs office, Building 662, Suite 129.
- No real estate or rental advertisements will be accepted.
- No businesses, services or events will be accepted. Example: childcare, house cleaning, yard service, handyman.
- The public affairs office is not responsible for sales or claims made by sellers regarding property condition or value.
- All requests for publication must have a contact name and home telephone number.
- The public affairs officer reserves the right to review and edit or refuse any advertisement.
- Personal or relationship-seeking advertisements will not be accepted.
- For more information, call Tech. Sgt. Sean E. Cobb, 283-2973.

Place an ad, make a deal

Sports and Fitness

Intramural flag football standings

Large squadron

Team	Wins	Losses	GB
95 FS 1	4	0	—
TRS	4	0	—
OSS	3	0	.5
1 FS	2	1	1.5
SEADS	2	1	1.5
CES	2	1	1.5
COMM	1	2	2.5
95 FS 2	0	2	3
MSS	0	3	3.5
325 MDG	0	3	3.5
2 FS	0	5	4.5

Small squadron

Team	Wins	Losses	GB
83 FWS	5	0	—
SFS	4	1	1
CONS	3	2	2
MXS	2	3	3
Army	1	4	4
82 ATRS	0	5	5

Muscle Beach



The Tyndall Sports and Fitness Center will hold a bench press competition 11 a.m. - 4 p.m. Oct. 28 at the sports and fitness center. The competition is open to all active-duty members, reservists, Department of Defense employees, government contractors and Bay County residents. There will be weight classes for men, women and youth. For more information, call the fitness center, 283-2631.